



**NATIONAL  
SPEED  
SUMMIT**  
HOSTED BY Saskatchewan Athletics



November 17-19, 2023  
Saskatoon, SK

Approximate Summit Times:

- Friday: 5:00pm-9:00pm
- Saturday: 8:00am-9:00pm
- Sunday: 8:00am-1:00pm

Networking and Social Opportunities on Friday and Saturday evening



## THE PRESENTERS



**Steven Rajewsky**  
U of Michigan Wolverines  
Assistant Coach Sprints/Hurdles



**Richard Parkinson**  
Athletics Canada  
AC East Hub Throws Coach



**Jason Reindl**  
U of S Huskies  
Head Coach

## OTHER PRESENTERS INCLUDE:

**Graham Black** • Ignite Athletics

- Director of Athletic Development

**Ainsley Oliver** • U of S Huskie Health

- Physiotherapist

**Jamie Epp** • U OF S HUSKIES/SASK ATHLETICS

- Lead Endurance Coach/HP Coach

## WHY IS SPEED SO IMPORTANT ACROSS ALL EVENTS?

### SPEED DETERMINES SUCCESS IN ALL EVENTS

- Increasing awareness of speed development across all events
- Reframing speed development within program design across events

### SPEED DEVELOPMENT INCREASES PERFORMANCE POTENTIAL

- Developing the skill of speed and benefiting from its impacts
- Transfer of speed improvements into event success

### BECOME FASTER AND STAY HEALTHIER

- IST perspectives on speed and athlete health
- Speed development and injury prevention within the Strength and Conditioning environment

### Registration fee: (includes 6 meals)

Fri: Dinner, Sat: Breakfast, Lunch, Dinner, Sun: Breakfast, Lunch

- Early Bird (Until Sept. 17): \$375
- Regular (Until Oct. 31): \$425
- Late (Until Nov 13): \$475

**REGISTERED COACHES WILL RECEIVE 3 PD POINTS  
TOWARDS CERTIFICATION MAINTENANCE**

## REGISTRATION

[trackiereg.com/saskspeedsummit2023](https://trackiereg.com/saskspeedsummit2023)



**More information:** [hpcoach@saskathletics.ca](mailto:hpcoach@saskathletics.ca) or 306-664-6744  
[www.saskathletics.ca](http://www.saskathletics.ca)





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## ACCOMODATION:

A block of rooms has been reserved at the Hilton Garden Inn Saskatoon Downtown (90-22nd Street E) (limited number)

- Room's can be reserved for \$159 CAD per night (plus taxes and fees)
- Rooms will be held until October 17th, 2023
- Reserve via phone (306-244-2311), or email ([hgisaskatoon@gmail.com](mailto:hgisaskatoon@gmail.com)) and mention GROUP CODE: **NCS23**

## VENUES:

Hilton Garden Inn Saskatoon Downtown (90-22nd Street East)

- Main Summit Venue

Ignite Athletics (1303 Avenue P South)

- In Field sessions on Saturday
- Transportation from Hotel to Ignite will be provided

We acknowledge that the work of Saskatchewan Athletics reaches the lands covered by Treaties 2, 4, 5, 6, 8, and 10, the original lands of the Cree, Dakota, Dene, Lakota, Nakota, and Salteaux peoples, and the homeland of the Métis.



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## The Presenters

### **Steven Rajewsky**

Steven is an Assistant Track & Field Coach at the University of Michigan, and oversees the Men's & Women's Sprints, Hurdles & Relays. He enters his 11th season at Michigan, and 20th overall at NCAA Division I. Over the course of his career, he has been a part of 14 conference team championships (TF & XC) and has mentored 58 conference champions (Big 10 & Mid-American) and 38 All-Americans. In 2022, he coached 2 World Championship finalists in Eugene, and in 2023 led Canadian Record holder (U23 400mH and Senior Indoor 400m) and NCAA Champion, Savannah Sutherland to the World Championships in Budapest, Hungary. A Minnesota native, Rajewsky also coached at the high school level, working with the sports of Tennis & Football for a combined 5 years.

### **Richard Parkinson, ChPC**

Richard's international coach experience includes 19 national team-coaching assignments, including: 5 World Championships, 2 Pan Am Games, 2016 + 2020 Olympic Games, and the 2018 + 2022 Commonwealth Games. In 2022, he led Canadian shot putter, Sarah Mitton, in setting a new Canadian Record of 20.33m, winning Commonwealth Games gold, and a 4th place finish at the World Athletics Championships. He is NCCP High Performance Certified, and has a IAAF Level 5 Diploma in throws. A highly technical and analytical planner, Richard is relentless in monitoring and tracking each athlete's training progress to ensure that they successfully perform on the specific day it when it counts

### **Jason Reindl, ChPC**

Jason is the Head Coach for the University of Saskatchewan Huskies Track and Field/Cross Country teams. He is a NCCP Master Coach Developer, graduate of UBC's Master's in High Performance and Technical Leadership program, has a NCCP Advanced Coaching Diploma, NCCP High Performance Certified in Athletics, and an IAAF Level 5 Diploma in Sprints and Hurdles. He has coached on 6 Canadian National teams, three as Head Coach and currently works with 2023 Canadian Champions; Michelle Harrison (100m Hurdles) and Nicole Ostertag (Heptathlon).

### **Ainsley Oliver**

Ainsley is a certified Sport and International Sport Physiotherapist working with Huskie Health at the University of Saskatchewan. She is the lead physiotherapist for the men's and women's track and field/cross country programs as well as for the volleyball teams. Her expertise and sport experience range across the lifespan and across many contact and non-contact sports. Ainsley was a former NCAA diver for the University of Arizona Wildcats. Her ability to focus on athlete-centred care comes from her experience as an athlete, a certified exercise physiologist and attaining her Masters in Sport and Exercise Medicine. In 2022, Ainsley was recognized by the Saskatchewan Physiotherapy Association for her clinical expertise and contributions to the physiotherapy profession and received the Award of Merit for Clinical Excellence.

### **Graham Black**

Graham is the Director of Athletic Development with Ignite Athletics in Saskatoon. As an athlete he was a multiple time national gold medalist with the Huskie Track and Field team as well as an alumni of the Huskie Men's Basketball team. Graham also played on Team Canada at the World Flag Football Championships in Panama City. Coach G has been working full time in the S&C and speed development field since 2018. He has experience working with all skill levels, from Youth Athlete Development to professional athletes in the CFL and NHL as well as working closely with the Saskatchewan Rush. Graham has led the Ignite Athletics Combine Prep for the CFL draft for the past 4 years and serves as a consultant for the Saskatoon Alliance Soccer program. Graham created the Ignite Athletics Return to Performance System which blends traditional rehabilitation with long term progressions to maximize athletic potential.

### **Jamie Epp, ChPC**

Jamie is the lead endurance coach for the University of Saskatchewan Track and Field/Cross Country teams, as well as the Saskatchewan Athletics High Performance Coach. He is a graduate of the University of Queensland's Masters in Sports Coaching program, and is currently finishing his NCCP Advanced Coaching Diploma, as well as being NCCP Performance Coach certified. He currently works with Courtney Hufsmith, 2019 World University (FISU) bronze medallist (1500m), Avery Pearson, World U20 team member in 2021 and 2022 (7th in 800m in 2021), and Quincy Fast, Saskatchewan Indoor Record Holder in 1000m (2:22.13).